

Clean-Catch Urine Sample: Women

What is a clean-catch urine sample?

A clean-catch urine sample is a sample of urine collected in a special way.

You may have bacteria in your urinary tract. They may be causing an infection. Your healthcare provider can test the urine for bacteria. This way of collecting urine helps keep out bacteria that are on your skin but not in your urinary tract.

How do I collect the sample of urine?

1. Your healthcare provider will give you a cup for the urine sample.
2. In the bathroom, wash your hands with soap and water.
3. Remove the lid from the cup. Do not touch the inside of the lid or the inside of the cup. Place the top side of the lid down on the counter.
4. Wash your genital area from front to back. Use wet cotton balls or a packaged towelette obtained from your provider. Do not use soap.
5. Separate your genital folds (also called lips or labia) with your hand. Wipe gently inside the folds with more wet cotton balls or a second towelette.
6. Hold the cup and start urinating into the toilet. After the first part of the urine has gone into the toilet, put the cup under the stream of urine. Catch 1 or 2 tablespoons of the urine. Then move the cup away from the urine stream and finish urinating into the toilet.
7. Put the lid on the cup and wash your hands.

Developed by RelayHealth.

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